

SIGNS AND PREVENTION METHODS FOR HEAT STRESS



HEAT EXHAUSTION

WATCH OUT FOR:

- Dizziness
- Light headedness
- Weakness
- Mood changes
- Irritability
- Upset stomach
- Vomiting
- Fainting
- Pale clammy skin

70%

60%

50%

40%

30%

DANGER

CAUTION

LESS HAZARDOUS

100°F
37,8°C

95°F
35°C

90 °F
32,2°C

85 °F
29,4°C

80 °F
26,7°C

HEAT STROKE

WATCH OUT FOR:

- Dry, pale skin with no sweating
- Hot, red skin that may resemble sunburn
- Irritability
- Disorientation
- Seizures
- Inability to think clearly or respond to questions
- Loss of consciousness
- Unresponsiveness

FIRST AID

Never leave a worker with heat illness alone. The illness can take a rapid turn for the worse. When any signs are present, follow these steps:



Move the person to a cool/ shaded area



Cool the body
- use a cold compress to the head, neck



Keep the person in a cool environment. Remove excess clothing and PPE if safe to do so



CALL FOR MEDICAL HELP IF:
the person is confused, unconscious, or has seizures



Give cool water in small sips. If available, offer electrolyte drinks



Continue cooling the body, e.g. by wetting the skin



Place cold wet cloths, towels on the skin



Soak clothing with cool water

PREVENTION



Plan Smart - Do heavy tasks in cooler parts of the day. Rotate with your team. Work in pairs



Take a frequent breaks in a cool, shaded place



Drink lots of fluids in hot conditions



Rest when needed – don't ignore warning signs

Look Out for Each Other. Know the Signs.

Dizziness, cramps, sweating, nausea = Take action immediately!

Be safe out. Stay healthy.